

# CalMHSA Unites California Counties in Statewide Suicide Prevention Efforts



Every Californian has the power to save a life. The California Mental Health Services Authority (CalMHSA) is empowering Californians to save lives by teaching skills for identifying suicide risk and intervening effectively, and utilizing innovative technologies to make crisis support available to people of all ages.

CalMHSA has invested in multi-faceted activities to address suicide prevention throughout the state. CalMHSA leads statewide suicide prevention awareness campaigns, supports local suicide prevention efforts and supports 16 crisis centers in expanding their reach and type of services they provide and improving their data collection processes in an effort to better inform prevention efforts in California.

Pain Isn't Always Obvious



Suicide Is Preventable

[www.suicideispreventable.org](http://www.suicideispreventable.org)

[www.elsuicidiodoesprevenible.org](http://www.elsuicidiodoesprevenible.org)

## 40-45%

of California households have seen the *Know the Signs* Suicide Prevention Campaign, which teaches Californians about learning how to recognize the warning signs of suicide, how to find the words to have a direct conversation with someone in crisis, and where to find professional help and resources. **According to an independent evaluation by the RAND Corporation, Californians who have seen *Know the Signs* messages have higher confidence they can intervene to stop suicide.**

## Suicide Prevention Week Unites Californians

**From September 8th – 14th, 2014, CalMHSA joined partners across the state to observe the 40th Annual Suicide Prevention Week, increasing awareness that suicide is preventable and putting resources to prevent suicide within reach of all Californians. Here are a few examples of events that occurred during Suicide Prevention Week:**

### 100

community members joined the Family Service Agency of the Central Coast in the 8th Annual Coastal Trail Walk to come together in a celebration of life, in remembrance of loved ones, and in support of Suicide Prevention services. Contact: Evan Marsh at [evanmfsa@gmail.com](mailto:evanmfsa@gmail.com).

### 230

attendees, a record breaking number, joined the Los Angeles County Department of Mental Health, Didi Hirsch Health Services and CalMHSA at the 4th Annual Suicide Prevention Summit to learn about emerging best practices developed through the California Suicide Prevention Network. These best practices from across the state will be made available and can be customized to meet local needs. Contact: Paul Muller at [pmuller@mullerandsmith.com](mailto:pmuller@mullerandsmith.com).

### 41

individuals, including Licensed Marriage and Family Therapists, Licensed Clinical Social Workers, Registered Nurses and psychologists, were trained by Solano County through the Assessing and Managing Suicide Risk (AMSR) workshop. This training improved knowledge of assessing suicide risk, planning treatment and managing the on-going care of clients at risk for suicide. These diverse participants work with high risk youth and youth in foster care, in probation and the Solano County Crisis Stabilization Unit, and as school administrators, healthcare staff and Solano County Behavioral Health staff. Contact: Mary Roy at [meroy@solanocounty.com](mailto:meroy@solanocounty.com).

**Continue Suicide Prevention efforts beyond September:** For more information on the suicide prevention efforts underway in California and to get involved, visit [www.eachmindmatters.org](http://www.eachmindmatters.org), [www.suicideispreventable.org](http://www.suicideispreventable.org), and [www.elsuicidiodoesprevenible.org](http://www.elsuicidiodoesprevenible.org).

# Californians Find Support Through CalMHSA Partnerships

**With support from CalMHSA, California crisis centers have expanded local suicide prevention hotline support, language capacity, outreach and marketing, and training. Crisis centers have added chat and text services and improved cultural relevance to serve the needs of California's diverse communities. Below are some of the centers supported by CalMHSA.**

Crisis Center	Regions Served	CalMHSA Impact
Didi Hirsch Suicide Prevention Center	Southern California <b>(877) 727-4747</b>	Increased call volume by 16 percent. Doubled chat program hours.
Family Services Agency of Marin	Northern California Coast <b>(415) 499-1100</b>	Increased call volume by 50 percent. Reached 1,500 youth and adults through community education.
Family Services Agency of the Central Coast	Central Coast <b>(877) 663-5433 or (831) 458-5300 (for Santa Cruz County)</b>	Added three bilingual staff members, two of which are bi-cultural.
Kings View Central Valley Suicide Prevention Hotline	Central Valley <b>(888) 506-5991</b>	Launched January 2013, expanded to 24/7 operation within six months. Accepted over 16,000 calls. Performed 102 active rescues. Linked to National Suicide Prevention Lifeline to enable callers to access support in 150 different languages.
San Francisco Suicide Prevention	Bay Area <b>(415) 781-0500 or (800) 273-8255</b>	Increased call volume by over 20 percent. Trained 15,300 adolescents and adults in suicide prevention techniques.
Transitions-Mental Health Association	Central Coast <b>(800) 783-0607</b>	Increased call volume by 154 percent.
Institute on Aging Friendship Line	Northern California <b>(415) 752-3778 or (800) 971-0016</b>	Increased call volume by 115 percent.

**A Call Brings Hope:** The mother called the Central Valley Suicide Prevention Hotline one evening, saying she was having thoughts of suicide. After five years of trying to get a job that would enable her to take care of her children, she felt like giving up. The mother called the hotline her "lifeline." The responder encouraged her and gave her hope, and seemed to really care. "Here is a stranger willing to reach out and help me through the roughest time in my life."

Soon the mother called back very excited to tell the staff that she got a job!



Prevention and Early Intervention programs implemented by CalMHSA are funded by counties through the voter approved Mental Health Services Act (Prop. 63). For more information about the programs described above, contact Lee Anne Xiong at [LeeAnne.Xiong@calmhsa.org](mailto:LeeAnne.Xiong@calmhsa.org).

